

*Semaine du 28 Avril 2025 au 02 Mai 2025*

## DEJEUNER

\* produits laitiers 
 \* protéines 
 \* féculents 
 \* légumes et fruits 
 \* corps gras 
 \* sucres

	Lundi 28		Mardi 29		Mercredi 30		Jeudi 01		Vendredi 02	
Entrées	<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Carottes râpées <span style="float: right;">10+12</span></li> <li><span style="color: yellow;">*</span> <span style="color: blue;">*</span> Feuilleté fromage <span style="float: right;">1+3+7</span></li> <li><span style="color: green;">*</span> Tomates vinaigrette <span style="float: right;">10+12</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">*</span> <span style="color: blue;">*</span> Concombre à la crème <span style="float: right;">7</span></li> <li><span style="color: yellow;">*</span> <span style="color: blue;">*</span> Saucisse sèche/beurre <span style="float: right;">7+12</span></li> <li><span style="color: yellow;">*</span> <span style="color: blue;">*</span> Pizza fromage <span style="float: right;">1+3+7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Betteraves rouge en salade <span style="float: right;">10+12</span></li> <li><span style="color: red;">*</span> Œufs mayonnaise <span style="float: right;">3+10+12</span></li> <li><span style="color: yellow;">*</span> Pâté en croûte/cornichons <span style="float: right;">1+3+12</span></li> </ul>		1 <sup>er</sup> MAI		<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Salade verte <span style="float: right;">10+12</span></li> <li><span style="color: yellow;">*</span> Saucisson sec <span style="float: right;">12</span></li> <li><span style="color: green;">*</span> <span style="color: blue;">*</span> Radis/beurre <span style="float: right;">7</span></li> </ul>	
Plats du jour	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Steak haché</li> <li>sauce au poivre</li> <li><span style="color: brown;">*</span> Frites</li> <li><span style="color: green;">*</span> Endives persillées</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Cuisse de poulet au cidre </li> <li><span style="color: brown;">*</span> Spaghetti</li> <li><span style="color: green;">*</span> Haricots verts</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Escalope viennoise <span style="float: right;">1+3</span></li> <li><span style="color: green;">*</span> Gratin de chou fleur <span style="float: right;">7</span></li> <li><span style="color: green;">*</span> Salsifis persillés</li> </ul>		1 <sup>er</sup> MAI	<ul style="list-style-type: none"> <li><span style="color: red;">*</span> Cordon bleu <span style="float: right;">1+3+7</span></li> <li><span style="color: brown;">*</span> Pâtes couleurs gratinées <span style="float: right;">1+3+7</span></li> </ul>		
Produits laitier	<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Fromage bio  <span style="float: right;">7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> <span style="color: purple;">*</span> Fromage blanc <span style="float: right;">7</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: blue;">*</span> Yaourt varié  <span style="float: right;">7</span></li> </ul>		1 <sup>er</sup> MAI	<ul style="list-style-type: none"> <li>Yaourt <span style="float: right;">7</span></li> </ul>		
Desserts	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Flan au chocolat <span style="float: right;">3+7</span></li> <li><span style="color: green;">*</span> Pomme bio </li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Poire Belle Hélène <span style="float: right;">7+8</span></li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Mousse chocolat <span style="float: right;">3+7</span></li> <li><span style="color: purple;">*</span> <span style="color: yellow;">*</span> Baba au rhum <span style="float: right;">1+ 3+7</span></li> <li><span style="color: green;">*</span> Fruit</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: green;">*</span> Fruit</li> <li><span style="color: purple;">*</span> Compote à boire</li> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Glace <span style="float: right;">1+ 3+7</span></li> </ul>		1 <sup>er</sup> MAI	<ul style="list-style-type: none"> <li><span style="color: purple;">*</span> <span style="color: blue;">*</span> Liégeois <span style="float: right;">3+7</span></li> <li><span style="color: green;">*</span> Fruit</li> </ul>		



Bio



Local

Produits SIQO

**1 à 14** Allergènes

**LES MENUS RESPECTENT LE PLAN ALIMENTAIRE REGIONAL**

**TOUTES NOS VIANDES ET CHARCUTERIES SONT D'ORIGINE FRANCAISE**

Le Proviseur,

L'adjointe gestionnaire,

**Nicolas MIALON**

**Isabelle GAUTHIER**


# Lycée Jean-Antoine CHAPTAL - MENDE

**SEMAINE 18**

*Semaine du 28 Avril au 02 Mai 2025*

## **SOUPER**

\* produits laitiers 
 \* protéines 
 \* féculents 
 \* légumes et fruits 
 \* corps gras 
 \* sucres

	Lundi 28		Mardi 29		Mercredi 30		Jeudi 01	
<b>Entrée</b>	<span style="color: green;">*</span> Pomelos rose		<span style="color: green;">*</span> <span style="color: red;">*</span> Salade verte gésiers	10+12				
<b>Plat principal</b>	<span style="color: red;">*</span> Chipolatas <span style="color: orange;">*</span> <span style="color: blue;">*</span> Purée maison	12 7	<span style="color: red;">*</span> Colin lieu meunière <span style="color: orange;">*</span> Riz pilaf <span style="color: green;">*</span> Petits pois	7			<b>1<sup>er</sup> MAI</b>	
<b>Laitage</b>	<span style="color: blue;">*</span> Fromage bio	 7	<span style="color: blue;">*</span> Yaourt nature	SIQO 7				
<b>Dessert</b>	<span style="color: purple;">*</span> <span style="color: yellow;">*</span> Tarte	1+3+7	<span style="color: purple;">*</span> <span style="color: blue;">*</span> Ile flottante	3+7				



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